



September 2017 Middle School Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>BENEFITS OF BREAKFAST</u></p> <p>*Breakfast Boosts Brain Power. *Breakfast Fuels your Empty Tank. *Breakfast Build Stronger Bodies</p> <p>*Skipping Breakfast may tend to increase hunger throughout the day leading to more eating. *Eating Breakfast may help the heart, digestions and bones and helps meet the daily dietary requirements.</p>		<p>Students are given the opportunity to start their day with a healthy breakfast at all of our schools.</p> <div style="text-align: center;">  <p>Breakfast improves school performance!</p> </div>		<p style="text-align: center;">1</p> <p style="text-align: center;">Breakfast Pizza or Mini Cinnis or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk</p>
 <p>LABOR DAY NO SCHOOL</p>	<p>5</p> <p style="text-align: center;">Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>6</p> <p style="text-align: center;">Breakfast Pizza or Cheese Omelet & Cinnamon Roll or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk</p>	<p>7</p> <p style="text-align: center;">Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>8</p> <p style="text-align: center;">Breakfast Pizza or Mini Cinnis or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk</p>
<p>11</p> <p style="text-align: center;">Breakfast Pizza or Apple Frudel or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk</p>	<p>12</p> <p style="text-align: center;">Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>13</p> <p style="text-align: center;">Breakfast Pizza or Cheese Omelet & Cinnamon Roll or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk</p>	<p>14</p> <p style="text-align: center;">Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>15</p> <p style="text-align: center;">Breakfast Pizza or Mini Cinnis or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk</p>
<p>18</p> <p style="text-align: center;">Breakfast Pizza or Apple Frudel or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk</p>	<p>19</p> <p style="text-align: center;">Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>20</p> <p style="text-align: center;">Breakfast Pizza or Cheese Omelet & Cinnamon Roll or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk</p>	<p>21</p> <p style="text-align: center;">Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>22</p> <p style="text-align: center;">Breakfast Pizza or Mini Cinnis or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk</p>
<p>25</p> <p style="text-align: center;">Breakfast Pizza or Apple Frudel or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk</p>	<p>26</p> <p style="text-align: center;">Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>27</p> <p style="text-align: center;">Breakfast Pizza or Cheese Omelet & Cinnamon Roll or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk</p>	<p>28</p> <p style="text-align: center;">Breakfast Pizza or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit Juice Milk</p>	<p>29</p> <p style="text-align: center;">Breakfast Pizza or Mini Cinnis or Cereal Served with either; Poptart, Breakfast Bar or Donut Fresh Fruit, Juice, Milk</p>

Staff Breakfast=\$2.00
Student Breakfast= \$1.70
Milk=\$.50

Offered Daily
Fruit Parfait



Take time for
**School
Breakfast**

Breakfast Supplies Important Nutrients

Breakfast contributes less than 20% of daily calories, while providing many key vitamins and minerals including

- * Calcium * B vitamins
- * Iron * Vitamin D

Nutrients missed at breakfast are typically not made up during the day

Menu is based on product availability and is subject to change.

**PLEASE MAKE SURE YOU HAVE
ENOUGH MONEY IN YOUR
STUDENTS ACCOUNT FOR LUNCH**

**Lake Central
School Corporation**
Glady's Rediger - FS Director
Linda Johnson-Administrative Assistant
Food Service Central Office
865-4416

WHAT'S ON YOUR PLATE?



This institution is an equal opportunity provider.